

2009 Seasonal Flu Shot Clinics

Who: All City employees with medical coverage and covered family members age 18 and over*.



When: October 7 - November 19

Where: Multiple City worksites

Schedule: Page 2 and at <http://personnelweb/benefits>



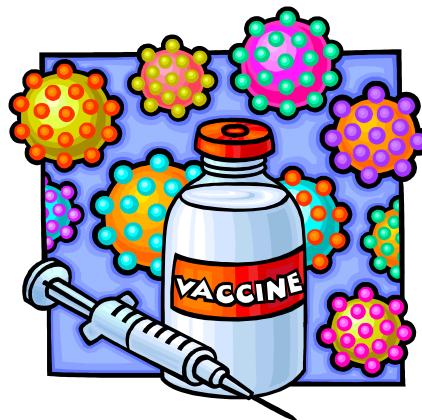
What to do:

- Select a clinic on page 2. Be prepared to wait for a flu shot at Benefits Fairs.
- Bring completed flu shot form to the clinic. (Forms located at <http://personnelweb/benefits>)
- Wear clothing that allows access to your upper left arm.
- You **must** present your medical card at the flu shot clinic.

Your 2009 Flu Shot Costs

Medical Plan	Cost to You
All Preventive	No charge
All Group Health Plans	No charge
SPOG Traditional	No charge
Most & Local 77 Traditional .	\$25 check only
All Local 27 plans	\$25 check only

To improve efficiency, Group Health nurses will administer all flu shots and bill Aetna directly.



The flu vaccine is for **seasonal influenza only**.
Contact your physician or community clinic for the H1N1 vaccine.

Questions? Contact your department's benefits representative, or
Central Benefits at 206-615-1340.

* Children under age 18—flu shots available through physician's office.

October Flu Shot Clinics

Clinic Date	Department	Clinic Time	Building Address	Room Name
10/07/09	All/Benefits Fair	9:30A – 2:30P	City Hall, 600 4th Avenue	Bertha Landes
10/08/09	Parks/RDA	12N – 1:00P	800 Maynard Ave S. 98134	2 nd Fl Conf. Rm
10/13/09	All/Benefits Fair – Rainier Comm. Center	7:30 – 10:30A	Rainier Community Center 4600 38th Ave S	Gym
10/14/09	City Light	3 – 5 P	S Service Center 3613 4 th Ave. S	Gym
10/15/09	Parks/HQ	12N – 1:00P	100 Dexter Ave N 98109	Board Room
10/15/09	All/Benefits Fair – Bitter Lake Comm. Center	7:30 – 10:30A	Bitter Lake Community Center 13035 Linden Ave N	Gym
10/20/09	SPU All Hands Meeting	7:30 – 8:30 A	Joint Training Facility 9401 Myers Way W 98108	Rooms 1 & 2
10/20/09	FFD/multiple Dpt/SDOT	10 – 11 A & 5–6P	FFD Charles Street 805 S. Charles St.	Conf. Rm/upstairs
10/21/09	Seattle Center	1:30 – 4:00P	Seattle Center House 305 S. Harrison	Conf. Rm 104
10/22/09	All City Employees	7:30A – 4:30P	Seattle Municipal Tower 700 5th Avenue	Room 4050/4060
10/22/09	Parks/Wellness Fair	11:30A – 1:30P	SW Community Center 2801 SW Thistle	Multipurpose RM
10/27/09	Seattle Public Utilities	9:15–10:30A	Cedar Falls/Cedar River Water– shed	Snoqualamie RM
10/28/09	Fleets/Police/SPU	3 – 5 P	Airport Way Center/Park 95	Building B/ large Conf. Rm
10/28/09	DEA/Animal Shelter	11A – 12P	Animal Shelter 2061 15 th Ave W	Upper Conf. Rm
10/29/09	All City Employees	7:30A – 4:30P	Seattle Municipal Tower 700 5th Avenue	Room 4050/4060

November Flu Shot Clinics

Clinic Date	Department	Clinic Time	Building Address	Room Name
11/05/09	All City Employees	7:30A – 4:30P	Seattle Municipal Tower 700 5th Avenue	Room 4050/4060
11/13/09	Seattle Police Dpt	7 – 9 P	West Precinct 810 Virginia St. (call on-site contact for parking)	Roll Call Room
11/18/09	Seattle Police Dpt	10A – 12P	West Precinct 810 Virginia St. (call on-site contact for parking)	Community Rm

Myth – “A flu shot can cause the flu.”

Fact - The flu vaccine cannot cause the flu. Injectable flu vaccines are made from influenza viruses that have been killed, and a killed virus cannot give you the flu.

~ Centers for Disease Control